

Spinach Pauline

Mrs. R. A. Herrington

River Road Recipes II (1976) - The Junion League, Baton Rouge, LA

Servings: 4

2 packages (10 ounce ea) frozen
chopped spinach, cooked and well
drained
6 tablespoons onion, finely minced
1/4 cup margarine, melted
1 teaspoon salt (to taste)
3/4 teaspoon black pepper (to taste)
6 tablespoons heavy cream OR
evaporated milk
6 tablespoons Parmesan cheese, grated
2 tablespoons cream cheese
Tabasco sauce (optional)
Italian bread crumbs

Cook the spinach in unsalted water according to
package directions. Drain.

In a saucepan, saute' the onions in margarine.
Add the drained spinach, salt and pepper.

Pour in the milk. Add the Parmesan cheese,
cream cheese and Tabasco sauce, if desired.
Mix well.

Before serving, place the mixture in a baking
dish and bake at 375 degrees for 10 to 15
minutes.

This casserole freezes well.

Per Serving (excluding unknown
items): 221 Calories; 17g Fat
(63.8% calories from fat); 11g
Protein; 11g Carbohydrate; 7g
Dietary Fiber; 14mg Cholesterol;
463mg Sodium. Exchanges: 1/2
Lean Meat; 2 Vegetable; 3 Fat.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	221	Vitamin B6 (mg):	.3mg
% Calories from Fat:	63.8%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	18.4%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	17.8%	Riboflavin B2 (mg):	.4mg
Total Fat (g):	17g	Folacin (mcg):	277mcg
Saturated Fat (g):	5g	Niacin (mg):	1mg
Monounsaturated Fat (g):	7g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	4g	Alcohol (kcal):	0
Cholesterol (mg):	14mg	% Refuse:	0 0%

Carbohydrate (g):	11g
Dietary Fiber (g):	7g
Protein (g):	11g
Sodium (mg):	463mg
Potassium (mg):	781mg
Calcium (mg):	369mg
Iron (mg):	5mg
Zinc (mg):	1mg
Vitamin C (mg):	56mg
Vitamin A (i.u.):	18310IU
Vitamin A (r.e.):	1923RE

Food Exchanges

Grain (Starch):	0
Lean Meat:	1/2
Vegetable:	2
Fruit:	0
Non-Fat Milk:	0
Fat:	3
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 221	Calories from Fat: 141
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% Daily Values*

Total Fat 17g	26%
Saturated Fat 5g	26%
Cholesterol 14mg	5%
Sodium 463mg	19%
Total Carbohydrates 11g	4%
Dietary Fiber 7g	28%
Protein 11g	

Vitamin A	366%
Vitamin C	94%
Calcium	37%
Iron	27%

* Percent Daily Values are based on a 2000 calorie diet.